



**The Government of the Republic of Trinidad and Tobago**  
**MINISTRY OF EDUCATION**

**SALT SHAKERS MINISTRY MOTHER'S DAY SEMINAR**  
**UPSTAIRS PALM PLAZA, CORNER SADDLE ROAD AND AKAL**  
**TRACE, SANTA CRUZ**

**Greetings By**

**Dr. the Honourable Nyan Gadsby-Dolly**

**Saturday 7<sup>th</sup> May, 2022**

**Time: 3:25**

## **SALUTATIONS:**

- Paster Michael Poyer and Mrs. Cynthia Poyer
- Members of Salt Shakers Ministry
- Invited guests
- Ladies and Gentlemen

Good morning brothers and sisters,

It is my privilege to be here with you at your Mother's Day Seminar. Mother's Day was born out of Anna Jarvis' desire to honour mothers for the sacrifices that they make for their children. The first official Mother's Day celebration was held on May 1908 at a Methodist church in Grafton, West Virginia, United States of America. In similar fashion, we will be celebrating mothers today in the house of the Lord.

Exodus 20:12 says:

**“Honour your father and your mother: that your days may be long upon the land which the Lord your God gave to you”.**

In this scripture, the Lord beseeches us to hold our parents in high esteem, obey them and respect them as the authority in our lives, even promising a reward of long life on earth if we comply.

As we all honour our own mothers and the mothers among us today, the theme of this seminar asks us to consider: **“Who can find a**

**virtuous woman? For her price is far above rubies”** (Proverbs 31:10). If a virtuous woman can be defined as one who serves God and manages her home wisely, then I am proud to say that I come from a long line of virtuous women, I am a virtuous woman and I am sure I am presently in the company of a group of virtuous women.

If no one has told you lately, let me tell you that you are doing an amazing job and you should be proud. You are a precious resource and the most significant influence in the lives of your children. You function in the capacity of teachers, doctors, chefs, play mate, counsellors and even personal stylists, just to name a few of the many hats that you wear. Mothers, I urge you to celebrate yourselves, you deserve it.

We need to prioritize self-care, ensuring that we are healthy in mind, in body and in spirit. While regular trips to the gym and salon is a version of self care, what about your spiritual journey? Has our relationship with God been relegated to after we cook, after we help the children with homework, after we look after our husbands? Is our

relationship with God really the source from which all others flow? As women, we have been conditioned to put the needs of others before our own, to be the perpetual nurturer. Can we agree to change this narrative? We can do all things through Christ, but only if we remain firmly rooted in Christ.

So, as I close, I want you to remember that even though today is a day to be celebrated by our loved ones, we must first celebrate ourselves. You are doing a stellar job ladies and self-care is essential to your overall wellbeing. I thank you again for the opportunity to bring greetings today.

Happy Mother's Day and God bless you.